



Seabird Community Christmas Dinner

Seabird Community Christmas Dinner seems to grow more and more every year. We had 531 people attend the dinner this year, once again breaking last years record.

The evening could not have been such a great success without all the help received from volunteers and staff

Special Thank -you to:

The Seabird Culinary Class who prepared the food for the night. The multiple turkey cooks, maintenance, the shoppers for supplies for the night. Santa's Elves for helping Santa hand out,wrap and sort all the gifts. All the staff that where serving, door welcome crew,...

The Seabird Learning Centre did an excellent job making all the decorations in the gym. They gave it a nice custom feel to Christmas.

Thank you to the Drummers for coming out to share their gift with the community. It is always nice to have an inspiring group of drummers that can get the people up and dancing and singing.

Thank you to everybody who participated in the environmentally friendly portion of the evening.

Thank you Robert Billy for picking up the Elders. They sure warm up the room with their presence. Thank you to all the Elders who came out.

The Agassiz Elementary Secondary School grad class did excellent work cleaning up after the evenings event came to a close.

Thank you again to everyone.

An event like this really does re-enforce that our community is really one big family. One that I am proud to be a part of, Merry Christmas everybody.

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*Merry
Christmas
and Happy
New Year*

We wish you and your family a safe and happy holiday season.





Seabird Island Health

Aboriginal Practical Nursing Course

“Register Now!”

**Prerequisites start in January,
PN program begins in September.**

Accepting up to 20 students.

Call Laureen Duerksen for more information or
to get your name on the list on interested participants.

Laureen Duerksen • 604-793-5663 • laureen@seabirdisland.ca

**Tuition Includes:
Books, Supplies etc.**

**Specialized Courses Include:
Traditional Medicines, Medical Terminology, CPR and more.**

**2011 Seabird Island Health Aboriginal Practical Nursing
class Graduated with a 90% success rate on their National Exams.**

Board Training Workshop



On Tuesday, December 6th a workshop was arranged for Mr. Rolf Wilhelm Kungl “Working Together Now” Coaching and Training.

The participants were Chief, Council and for any Managers able to attend.

The topics to be covered as follows:

Part 1 - Boards as Teams Working Together

- a. Policy Governance as Leadership - What is Policy Governance?
- b. Sharing Leadership: The Board/Staff Partnership
- c. Basic Roles and Responsibilities
- d. Deliberating Differently - How can the Board deliberate differently, act differently, and structure their meetings differently to allow board members to learn more and to make better decisions?

Part 2 - Boards as Planners

- a. Fiscal Responsibility and Fiscal Accountability
- b. Understanding the Financials
- c. Setting a mark by which financial performance may be judged
- d. Budgeting and Directing your Organizations Future
- e. Determine more in depth training.

Rolf also provided handouts and links on the following;

- The Fine Dysfunctions of a team
- Six Thinking Hats - Looking at a decision from all points of view.
- Reading Group Questions for The Four Agreements by Don Miguel Ruiz
- Team Building Workshops
- Aboriginal Entrepreneur
- The use of Technology Eg. IPAD 2, I Phone 4, IPOD uses and advantages.

On behalf of the Seabird Island Band we thank Rolf for this presentation.

Chief & Council

WANTED For Historical Preservation



This months photo was submitted by Morris Harris. Thank you Morris for sharing.

Do You Have Old Historical Seabird Photos?

We would like to use them for our newsletters, website, reports or archives. We can help preserve these memories for generations to come. We are looking for historical photos that will tell Seabird's story, such as prior; Chief and Council photos, buildings, festivals, floods, bridges,...

You can keep your originals. We would like to scan and archive them as part of Seabird's History.

When you bring in historical photos that we would be interested in adding to our archives, we can scan them into our archives and e-mail you a digital copy that won't fade or tear. If you already have them digitized we would also greatly appreciate them e-mailed to us at sandrabobb@seabirdisland.ca

When we receive photos we will sharing one feature historical picture per month in the Monthly Seabird Yoo Hoo Newsletter.

The best way to preserve our history is to share it!



the **SEABIRD** Island

YOO HOO

Because news isn't all bad or boring!

PLACE YOUR AD HERE

Contact Sandy Bobb for your monthly advertising rates.
Special Discount Rates Available for Band Members!

Phone: 604-796-2177 **Direct:** 604-796-6838
E-mail: sandrabobb@seabirdisland.ca

Fire Department Service Awards



Seabird Island Fire Department awarded some members service awards that were given out by Fire Chief Jeremy Joseph and Assistant Fire Chief Aaron McNeil at the annual Fire Department Christmas Dinner on December 2 at Mr. Mike's in Chilliwack.

Congratulations to:

Paris Peters for 5 years of dedicated service
 Leo Reyburn Sr for 5 years of dedicated service
 Quentin Reyburn Sr for 5 years of dedicated service
 Daniel Harry for 5 years of dedicated service
 Stacy McNeil for 5 years of dedicated service
 Aaron McNeil for 10+ years of dedicated service



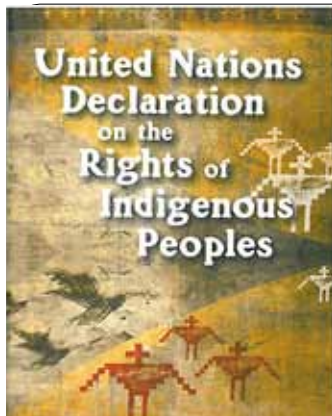
Fire Department Food Drive

Seabird Island Fire Department also completed its 6th annual Food Hamper drive on December 5. Thank you to the community of Seabird for being so generous once again! The fire fighters distributed candy canes while requesting donations around the whole community.

The Fire Department would like to thank Pickles, Paul & Jen Andrew and family for once again providing the fire fighters with delicious home baked goodies! They have done this annually for years and the fire fighters really appreciate it!



United Nations Declaration on the Rights of Indigenous Peoples



Article 2

Indigenous peoples and individuals are free and equal to all other peoples and individuals and have the right to be free from any kind of discrimination, in the exercise of their rights, in particular that based on their indigenous origin or identity.

Article 3

Indigenous peoples have the right to self determination. By virtue of that right they freely determine their political status and freely pursue their economic, social and cultural development.

Housing Update

ALL tenants must renew in all band housing

Housing file RENEWALS are due between January 1st - March 1st.

- Employed tenants will need to bring in their T4s for their rent calculations
- Income Assistant Clients will need to complete new forms

If you renew your housing file before January 17, you will be entered to win a \$100 Walmart gift card!

Contact Stacy for an appointment.

Annual house inspections continue!

January will see phases 6, 7, and 8 inspected! Inspection team includes Stacy, John, and/or Scott. A letter will arrive notifying you of your inspection date and time a minimum of 48 hours prior to the scheduled inspection. Inspections are a very important part of our maintenance program.

Furnace filters: have you cleaned or changed yours?

Changing your furnace filter regularly will:

- Help reduce dust and the resulting allergies.
- Save energy making your furnace more efficient

Smoke detectors: is yours working?

Have you replaced the battery?
SMOKE DETECTORS SAVE LIVES.



Smoke Alarms:

Our apartment building (8-plex) has a fire alarm; however, this alarm IS NOT CONNECTED TO A DISPATCHING CENTER. It is similar to a smoke alarm. You will hear the alarm, and you must dial 911 for assistance. This will have our local fire department dispatched to your location.

Hear an alarm? Call 911!

ON LEAVE

Stacy will be AWAY from the office from January 18-March 3. Please contact Dwayne McNeil with all of your housing concerns during this time.

Housing Waitlist January 2012

1 bedroom

1	16072010-20
2	16072010-021
3	01102010-023
4	10012011-024
5	1202011-025
6	28022011-026
7	30032011-027
8	05162011-028
9	07062011-029
10	07282011-2040
11	07282011-2041
12	08052011-2042
13	08122011-2043
14	09212011-2045
15	10212011-2044
16	11232011-2046

2 bedroom

1	02222010-2019
2	09082010-2028
3	11152010-2029
4	11172010-2030
5	01042011-2031
6	02022011-2032
7	02102011-2033
8	02212011-2034
9	02282011-2035
10	04142011-2036
11	05162011-2037
12	07082011-2038
13	07282011-2039
14	07282011-2040
15	0852011-2041
16	08052011-2042
17	08122011-2042A
18	08182011-2044
19	09212011-2045
20	10202011-2046
21	11012011-2047

3 bedroom

1	8142009-3019
2	10292009-3026
3	11252009-3028
4	01012010-3030
5	03082010-3034
6	03152010-3035
7	04212010-3038
8	04212010-3039
9	10052010-3040
10	16112010-3043
11	040112011-3044
12	10012011-3045
13	3112044-3046
14	02022011-3047
15	01032011-3048
16	08032011-3049
17	08032011-30491
18	21032011-3050
19	28032011-3051
20	12052011-3052
21	07062011-3053
22	08282011-3054
23	10202011-2046
24	31102011-3055
25	11012011-2047
26	15112011-2056

Don't know your number?

Contact Stacy McNeil to see where you sit on the waitlist!

REMINDER: renewals are due by JANUARY 1st. Please submit renewed application between November 20th and December 31st. Letters were sent out in October to EVERY PERSON ON THE WAITLIST as a reminder.

IF YOU DO NOT RENEW BY JANUARY 1, you will be REMOVED FROM THE LIST as per policy.

Note: If you have outstanding debt to the band, you will NOT be placed into a rental unit, as per housing policy.

Questions: Contact a member of your housing team!

Shaded means renewal has been received

HEALTH ACCREDITATION

With the help of funding from Health Canada, Seabird Island Band's Health Department is undergoing accreditation. We are currently in the first year of this three year process. Accreditation compares the quality of our services to **national standards of excellence**.

Accreditation means always improving our services. With that in mind, the Seabird Island Band welcomes anyone who has ever received any type of service from us to contact heathermcdonald@seabirdisland.ca. Let us know if you have any suggestions of how we can improve!

Accreditation Canada is the company we are working with. **On January 23, 24, and 25th surveyors will be here at Seabird Island to check the quality of our services.** They will help us focus our efforts to improve.

Everyone is invited to have a look at our **Quality Spawning Channel** located in the Doctor's Office at the Seabird Island Band Office. Right now the Channel is filled with pictures of young salmon, and each salmon has a quality goal. As we meet each of those goals, the young salmon will be replaced with a spawning salmon. And, when all of the salmon have spawned, we know we have high quality services.

If you'd like more information, or to get involved in our Accreditation process please contact:

Heather McDonald

Ph: (604) 796-2177 ext. 5033

E: heathermcdonald@seabirdisland.ca

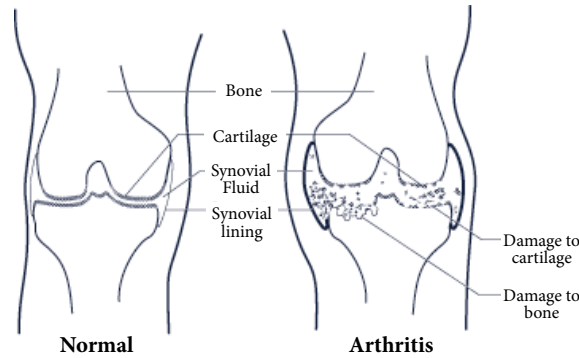
Introduction to Arthritis

Live long enough and you can pretty much count on developing arthritis: a touch of osteoarthritis, at the very least.

Arthritis ('arth' meaning joint, 'itis' meaning inflammation) it actually consists of more than 100 different conditions. These can be anything from relatively mild forms of **tendinitis** (as in 'tennis elbow') and bursitis to crippling systemic forms, such as **rheumatoid arthritis**. There are pain syndromes like **fibromyalgia** and arthritis-related disorders, such as **systemic lupus erythematosus**, that involve every part of the body. There are forms of the disease, such as **gout**, that almost nobody connects with arthritis, and there are other conditions - like **osteoarthritis**, the misnamed 'wear and tear' arthritis - that a good many people think is the only form of the disease.

True, many older people do have arthritis, but it's not just a disease of the old. Some forms of arthritis affect children still in diapers, while thousands of people are stricken in the prime of their lives. The common denominator for all these conditions is joint and musculoskeletal pain, which is why they are grouped together as 'arthritis.' Often that pain is a result of inflammation of the joint lining.

Inflammation is involved in many forms of arthritis. It is the body's natural response to injury. The warning signs that inflammation presents are redness, swelling, heat and pain. These are the same kinds of reaction the body has to a sliver in the hand, for example. When a joint becomes inflamed, it may get any or all of these symptoms. This can prevent the normal use of the joint and therefore it can cause the loss of function of that joint.



Anatomy of a Joint

There are more than 100 joints connecting the body's 206 bones. Most of the major bone connections in the body are joints designed to allow a broad range of motion. There are different kinds for different functions: ball-and-socket (hips and shoulders), saddle joints (which connect thumb to hand), hinge joints (fingers and knees) or pivot joints (wrists).

Tied together by ligaments, the bones of joints are capped with a smooth substance called cartilage. This tough elastic material acts as a shock absorber and allows the bone ends to glide smoothly across each other. If the cartilage is destroyed (as in osteoarthritis), the bones of a joint can grind against each other causing pain, loss of mobility, deformity and dysfunction.

Between the bones is a joint cavity, which gives the bones room to move. The joint space between two bones is enclosed by a capsule that's flexible, yet strong enough to protect the joint against dislocation. The inner lining of this capsule, the synovium, produces a thick fluid that lubricates and nourishes the joint. In many forms of arthritis, the synovium becomes inflamed and thickened, producing extra fluid which contains inflammatory cells. The inflamed synovium and fluid can damage the cartilage and underlying bone.

No one knows what causes arthritis, though scientists have uncovered a host of clues. Something can be done to manage most forms of arthritis, but it's very important that a correct diagnosis is established early. Most therapies work best when started early in the disease process.

Information provided by The Arthritis Society

YOUTH AND ELDER FEATURE



Chelsea McIntyre is the oldest of two children born to Greg McIntyre and Shelly McLatchy. She was born on September 26, 1989 in Mission City. Her paternal grandparents were Sandy and Jeannie McIntyre. Her maternal grandparents were Sylvia Barrett and Ray McLatchy. Chelsea has one brother, Brenon and three children: N'Shaya, Sequoya, and Zariyah.

Chelsea attended school here in Agassiz at Kent Elementary until she moved to Calgary and then Kelowna. She eventually moved back here and attended school at Agassiz Elementary Secondary School and Seabird Island Community School. She is currently enrolled in the Community Support Worker Program at Seabird Island College. Chelsea's employment history includes: housekeeping, prep cook, dish washing, waitressing and is currently on call as a custodian with Seabird Island Band.

She enjoys spending time with family and friends as well as going to the Longhouse. She enjoys playing baseball. Her message to other youth is: Stay in school. Be safe. Don't drink or do drugs. Don't be afraid to talk to someone about your problems.

Find us online!

www.seabirdisland.ca



Scan this QR Code with your smart phone and it will lead you to the **Seabird Website**. This is an easier way than typing

<http://www.seabirdisland.ca>
into your smart phone.

Scan this QR Code with your smart phone and it will lead you to the **Seabird Newsletter on our Website**. This is an easier way than typing

<http://www.seabirdisland.ca/page/news-events>

into your smart phone.



Download an app for your smart phone by searching: QR Scanner

Make your own QR code by searching : QR Code Generator



Grace (Lorna) Prette nee Peters was born on November 12, 1953 in Mission City. She is one of 14 children born to Bertha Greta Ewen and Stanley Joe Peters. Her siblings are: Perry, Johnny, Earl, Sam (Ronald), Harold, Hugh (deceased), Gloria, Stan Jr, the twins – John and Joan (deceased), Lila, Betty and Rod. Her maternal grandparents were Ed Nelson and Mary Ewen and

her paternal grandparents were Arthur Joe Peters and Matilda Johnny.

Lorna has two sons and one daughter. Her son Kris currently lives in Thunder Bay and has 3 children. He is currently in his second year of Civil Engineering at Lake Head University. Wayne lives Agassiz and he also has 3 children. Her daughter, Amanda is currently enrolled in the Nursing program at BCIT. Lorna has lived in Seabird for most of her life and she attended Seabird Indian Day School and Agassiz High School. She has worked a variety of different types of employment: with community and elders, in the fields picking raspberries, potatoes, etc; in the cannery, and doing housekeeping. She graduated from an ECE program at Vancouver's Native Education Centre in 1992. She really enjoys attending meetings thanks to her mother who used to take them to various political meetings so they would become involved.

Lorna's interests include: going to and participating in ceremonies such as sweat lodge, yuwipi ceremonies; and traditional pow wows. She also enjoys camping and fishing. She remembers playing baseball and pitching for "Joey's team", playing volleyball and floor hockey.

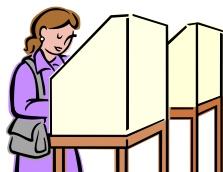
Lorna learned her medicine wheel teachings from the late Mary Uslick. She learned to harvest medicines as well. She remembers how she used to help the late Mary Peters by carrying the sack while they picked cascara bark along Peters Road right up to Hicks Lake. She recalls how during one of their harvesting trips, they ran into bear. Mary Peters put her hand up to stop Lorna and then began to speak "Indian" to the bear. The bear just left them alone and carried on.

Lorna's message to the community is: Remember who you are, and where you come from. Hang on to your spirituality, and be kind to one another. We must take care of our Earth and all that it provides for us. My dream is to see us flourish with gardening. Going back to the days of old.



NOTICE

Seabird Island Band Education Committee Election Health Boardroom



Election will be held

March 7th, 2012

from

2:00 p.m. to 6:00 p.m.
Place To be announced.



Chief and Council hereby provides notice of the upcoming election for two vacancies on the Seabird Island Band Education Committee. The positions are for a term of two years.

The Education Committee presently meets every third Thursday of each month beginning at 8:30 a.m. unless otherwise stated.

I) Criteria for All Candidates

Among those characteristics to be sought in each candidate, being mindful of the overall Committee composition, are the following:



- Integrity and a commitment to ethical behavior.
- Personal maturity and leadership skills in education or related field.
- Independence of thought and willingness to deal directly with the difficult issues.
- Broad experience, with an understanding of the complexities of the Band Education program and external educational agencies.
- Accomplishment in education and related field.
- Understanding financial and/or accounting principles an asset.
- Candidate must be a Member of Seabird Island Band.
- Must be resident with in Sto:lo Territory.
- Must be 18 years old or older.
- Must be familiar with the Education and Governance Policy.
- Previous experience as an education member or Band experience.
- Pass a criminal records check.



II) An Effective Candidate Should

- Be familiar with concerns and interests of the community.
- Be familiar with the current issues in Indian Education.
- Know, understand and believe in the goals and objectives of the education program.
- Knowledge of the Education Policy and Governance Policy.
- Be familiar with the staff, the school facilities and curriculum.
- Be able to represent the Committee at meetings.
- Be willing to travel.
- Be willing to attend committee member training workshops and planning sessions.
- Accept and carry out assignments on committees.
- Acquire the knowledge as to how to conduct meetings and rules of order and consensus building.
- Participate in discussions.
- Be courteous to colleagues, employees, and others attending the meeting.
- Be willing to attend monthly education meetings.
- Be willing to take on portfolios and be proactive.
- Public speaking
- Promote language and Culture

All interested Band members wishing to be considered to fill these vacancies are encouraged to submit a letter of interest with two letters of support from Band Members.



Your letter of interest should state your availability, any pertinent background information and include reasons why you would like to be a member.



Your letter of interest along with your supporting letters must be received no later than **Friday, February 10, 2012** at **4:00 p.m.** to be considered for candidacy.

Election will be held Wednesday, March 7, 2012 from 2:00 p.m. to 6:00 p.m.

Candidates are encouraged to request a copy of the Education Committee Policy and Procedures Manual to review.



For further information please contact Daryl McNeil, Diane Janzen or Margaret Pettis at 604-796-2177.

GOOD THINGS HAPPENING AT SEABIRD ISLAND SCHOOL



1. One of our favorite things in Kindergarten is arts and crafts. One of the projects we undertook recently was an exploration of colours and blending. The Kindergarten students are having fun using Play doh to practice spelling tricky words. You would be amazed how many words are on our word wall now that we can read! Come see it anytime!
2. The Education Committee approved Ms. David's proposal of a cultural exchange with an Arctic school. We are in the beginning phases of a cultural exchange with students in the Far North. We will visit the northern community and then they will come here to visit us. How exciting it will be to show another community the amazing things about our Sto:lo culture here in BC.
3. Skills students are on schedule to finish two full courses by late January, including provincial exams, and they have worked with focus in the last few weeks to catch up and stay on track for these goals. Congratulations.
4. On December 7th our Christmas concert was held. It was a great success. Lots of little people sang and played their hearts out to a filled gym. We had the inaugural performance of the Lighting Bolts. For those who were not there, this is a high school drama group who use black light and glow in the dark costumes, while using cultural themes for their presentations. They were fantastic.

5. The High school tri-athlon club go swimming lessons every Monday to improve their swimming skills. Their hope is to compete in a mini tri-athlon in the spring. Good luck to everyone.
6. The Family class has started bringing home Baby. It is a mechanical doll that cries when it needs changing, burping, attention and feeding. The doll is programed for a three day cycle, so the Baby will cry at all times of the day and night, students are required to tend to Baby. There is a work package that goes home with baby and the students must fill out this package and tell us how their life changed in the three days they had Baby. Most students realize that taking home Baby, is easy compared to having a real baby to look after. The simulation does offer insights into how tired and how limiting caring for an infant can be if you are not ready.
7. The 9/10 English class has been having weekly debates this term.
8. The Grade 3/4s are sewing stars and making balloon ornaments and Christmas cards for our families
9. The 5/6 and 7-8 students went to the science world on Dec. 6th. They had a great time.
10. The high school science classes are getting a bioluminescent fish. We will be learning about bioluminescence and water life in the science class
11. We are having a math question of the day with daily winners from each classroom this week.

We will be having a math extravaganza / fair at the school Feb. 16th from 4:30-6:30. Events will be free but there will be a chance to receive/ purchase a passport that will be filled out at different stations and these can be entered in our draws. Students of the school will receive one free passport; all others can purchase a passport for \$2.00 or 3 for 5.00. We invite everyone to come out and make/ play different math games and activities.

12. The students in Grade 2-3 work on being bucket fillers. This means that we believe everybody carries an invisible bucket filled with their feelings. Sometimes we come to school with a full bucket and we are happy. Other days, we might come to school and our bucket has very little in it and then we are sad or grumpy. As a class we try to fill all the empty buckets with kind words, a smile from a friend, saying hello first, using our manners, and being a caring respectful student. The secret about bucket filling is that when you fill up someone's bucket, your bucket gets filled too. Let's all be Bucket Fillers!!!!
13. The students from grade 4/5 and Miss Eustache would like to wish everyone a safe, relaxing and fun holiday Season! Looking forward to 2012 New Year ahead! We hope everyone will come back gleeful, well rested and ready to work!



Aboriginal Parents As Literacy Support (A-PALS)

YOU ASK : What is A-PALS?

A-PALS program is a 7 session program for families with children 3-6 to encourage and support the literacy development of their child's learning; including language, literacy, numeracy through cultural and traditional teachings from parents, elders, language teachers and early childhood educators.

Parents are always the 1st and most important teachers- we will be providing parents and families with the resources to enhance and develop their children's self esteem through fun, and educational experiences.

Welcome to join at anytime during our program

A-PALS- will run once a month for 7 months with sessions including the following:

- Elders in the community
- Taking care of mother earth
- 2 legged , 4 legged, finned and feathered
- Knowing who you are and where you come from
- Oral Tradition
- Tradition, Protocols and Ceremony

OPEN TO FAMILIES WITH:

- ** Children enrolled in SI Pre-school/daycare
- ** SI Kindergarten children
- ** SI community members with children 3 yr old-kindergarten living on or off reserve

Session 3 : January 4th 2012

1st Wed of each month to follow

Time: 4:30-7:00pm

Location: Millennium Hall

Agenda

Agenda

4:30-5:00- Dinner

5:15-5:45- Group Circle

5:45-6:15- Parents group/

Children play time

6:15-6:50 Family Craft Activities

6:50-7:00 H me give aways

For information please contact

Carlene Brown, Early Childhood
Programs Supervisor

Call 604-796-3463

email- carlene@seabirdisland.ca

ABORIGINAL PARENTS AS LITERACY SUPPORT A-PALS



On Wednesday, Dec. 7th A-PALS held their second session. The evening began at 4:30 p.m. at the Mill Hall with a delicious supper. Language teachers, Malila and Jonnie were on hand to guide language

Culture.

The theme “Taking Care of Mother Earth” was enjoyed by all seven attending families. One activity was a “Web of Life”, which involved the families, a ball of wool, and an animal of their choice. Ms Nowak, Kindergarten Teacher, read the story,



“Giving Thanks”. Each child received this wonderful story to add to their bag of literacy books.

The next A-PALS evening is Wednesday, Jan. 4, 2012 4 :30 p.m. at the Mill Hall.

Community members with children 6 years and under are encouraged to attend. Carlene Brown, Community School and Preschool Staff are on hand to help with activities throughout the session.

We all look forward to seeing you Jan. 4th

PRESCHOOL

The Preschool Programs have had an enjoyable December.

There were thirty children on the stage singing four songs for the Christmas Concert Wednesday, Dec. 7th as the Community School. Dec. 9 the 4 year old’s went on a field trip to Minter Country Gardens in Chilliwack. The children enjoyed seeing all the poinsettias, Christmas trees and having a ride on the “Train”. It was great having Kwosel come with us.

Seeds Family Visits continue with the 4 year old’s. Baby Olivia and Mom Jennifer were at the Preschool Dec. 12th. “Feeling Loved” was the theme. The children kissed their own hand, then placed it on Baby Olivia’s foot. We look forward to the next Family Visit January 9th. The Language Nest Preschool continues learning of Culture and language. Malila and Jonnie are wonderful teachers. The drumming and dancing is a natural part of the program. The children have enjoyed the



many Halq̓emylem Christmas Songs and art projects.

On Dec. 12, a dental hygienist from the Public Health Dental Program visited the Language nest. Children with parental permission had their teeth varnished, This dental program offers the varnish two more times.

Meli Kelesmes!

4’s Preschool - January 3, 2012 first day

3’s Preschool – January 9, 2012 first day



Seabird Island Early Childhood Development invites all families with children ages 0 to 18 months be included in our upcoming children's book .



**Is your child photogenic?
Would you like to be a part of a new children's book
that is being created with families who are
Seabird Island Band Members?**

**Names are being taken now!
If interested please respond to
Gina Gibson before
December 23rd, 2011**

Respond by: December 23, 2011
Contact: Gina Gibson
Phone: 604- 796- 6854
Email: ginagibson@seabirdisland.ca
Fax: 604-796-322

Families who
participate
will receive a
completed
copy of our
new book!

Holiday Stress

Everything doesn't need to be perfect.

Remember what the holidays are truly about: People are always rushing around, spending money and having to tolerate their families, but if we think more deeply about this. This is really not what the holidays are about at all. The holidays are a time for communities and families to come together and a time to remember values and the fact that you are not alone.

The key to maintaining your sanity during these times is to Be Prepared. Plan for your holiday in advance.

The winter holidays are also filled with stress, and experts say that stress can be counterproductive and harmful to one's health, even if it is just for a few weeks.

- **Reduce your expectations of yourself.** Don't expect too much of either yourself or others. Many people feel that they must do everything that can possibly be done during the holiday season: have a party, bake cookies, send cards, string outdoor lights, do charitable deeds, take the kids to holiday activities, and on and on. Not that all of those things aren't wonderful. They are! But not if they drive you crazy or make you sick.
- **Be realistic.** The holidays don't have to be perfect or just like last year. As families change and grow, traditions and rituals often change as well. Choose a few to hold on to, and be open to creating new ones. For example, if your adult children can't come to your house, find new ways to celebrate together, such as sharing pictures, e-mails or videos.
- **Set aside differences.** Try to accept family members and friends as they are, even if they don't live up to all of your expectations. Set aside grievances until a more appropriate time for discussion. And be understanding if others get upset or distressed when something goes awry. Chances are they're feeling the effects of holiday stress and depression, too.
- **Stick to a budget.** Before you go gift and food shopping, decide how much money you can afford to spend. Then stick to your budget. Don't try to buy happiness with an avalanche of gifts. Try these alternatives: Donate to a charity in someone's name, give homemade gifts or start a family gift exchange.
- **Plan ahead.** Set aside specific days for shopping, baking, visiting friends and other activities. Plan your menus and then make your shopping list. That will help prevent last minute scrambling to buy forgotten ingredients. And make sure to line up help for party prep and cleanup.
- **Learn to say no.** Saying yes when you should say no can leave you feeling resentful and overwhelmed. Friends and colleagues will understand if you can't participate in every project or activity. If it's not possible to say no when your boss asks you to work overtime, try to remove something else from your agenda to make up for the lost time.

- **Don't abandon healthy habits.** Don't let the holidays become a free-for-all. Overindulgence only adds to your stress and guilt. Have a healthy snack before holiday parties so that you don't go overboard on sweets, cheese or drinks. Continue to get plenty of sleep and physical activity.
- **Take a breather.** Make some time for yourself. Spending just 15 minutes alone, without distractions, may refresh you enough to handle everything you need to do. Take a walk at night and stargaze. Listen to soothing music. Find something that reduces stress by clearing your mind, slowing your breathing and restoring inner calm.
- **Don't forget that work parties are work parties.** If you are attending official or unofficial parties with colleagues – especially if members of management are there – remember that any gathering with coworkers is a work event and can effect relationships and perceptions far into the future. Many people have long regretted the alcohol-induced dirty dancing or the lengthy kiss under the mistletoe – or worse. If you need to let it all hang out, then hang it out with your off-work friends.
- **Remember the KIDS.** Kids stress about the holidays too. They feel your stress and will respond to it. Give them time to be kids. Teach them the values of Christmas, love, kindness and peace. Remind them its not all about gifts.
- **Remember the spirit of the season.** Religious celebrations, whatever your faith, should be about peace, love, kindness, and goodwill to others. So ask yourself if your holiday plans, activities, and actions reflect that spirit.
- **Have a positive attitude.**
- **Try not to worry** about things out of your control.
- **Problem solve with people around you.** Ask them to help you alleviate stress.
- **Exercise.** A few extra minutes of exercise a day can benefit your overall health.
- **Eat Nutritional food.** Decrease the amount of fat and sugar you eat.
- **Meditate,** or take a class in relaxation and stretching techniques --like Tai Chi or Yoga.
- **Avoid drinking caffeinated beverages**
- **Rest.** Try to get eight hours of sleep each day.
- **Get a massage.** A massage can be beneficial for the mind and body.

However you celebrate, have a safe & happy holiday season!

Diacarbon

Diacarbon update to Seabird Island

By: Jerry Ericsson

December 14, 2011

Well, winter appears to be here to stay and we hope everyone is ready for some snow, and the start of the New Year. Diacarbon has been in your community for nearly ten months now, and is honoured to be developing our biomass conversion system on Seabird Island lands. Since being here, we have won an award from the Ministry of Agriculture, and one from the BC Bioenergy Network for technology development and innovation. These awards indicate that we are developing something of value to the community and the province, and we are proud to say that Seabird has played a key role in these achievements.

Since our last update, we have spent the time getting our system tested, automated and ready for operations. There have been various hurdles we have had to resolve, and

so the development process has been much slower than expected. We have run the system on occasion and have made both liquid bio-oil and a solid biochar from clean wood shavings and wood chips obtained from a local sawmill. Both of the products have been analyzed, and found to be of excellent quality! We look forward to continuing our development and testing of the pilot plant, and will use the information obtained to support the engineering of the first commercial system.

We greatly enjoy working on Seabird Island lands, and have grown fond of the beautiful and peaceful nature that surrounds the community. We look forward to getting to know more of the community in the future. If you ever have questions about what we are up to, please email us at info@diacarbon.com, or call us at 604-291-0001, and we will be happy to answer any and all questions.

Land Use Planning

Land Use Planning – Survey Winner

We want to thank you for the tremendous support and response to help us move the Seabird Land Use Plan for its membership. This was a great start....!

We will be conducting a few more community meetings with door prizes, and each attendance to these meetings enters you ...at another chance to win the iPad. Our next scheduled meeting is January 10th, 2012... Tuesday night.

The winner of the first Survey is - LISA MASON... Congratulations.....!

Thank you again for the support and see you at our next meeting Tuesday January 10th, 2011 ,

Seabird Lands

Garbage Pick-up Schedule

Regular Garbage:

Monday & Thursday





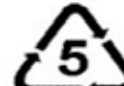
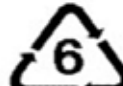

Recycle: Tuesday's

Major Garbage: first Wednesday of each Month

If you need a **Bin dropped off** for your major spring cleaning. Ask for Art or put in a request in writing.



RECYCLE PLASTICS 101- Please Contact Myra Seymour for more information on recycling and composting 604-819-0298

 PETE	 HDPE	 PVC	 LDPE	 PP	 PS	 OTHER
Container's Labeled Code 1- Soft Drinks, Water Bottles, Salad Dressing Bottles, Peanut Butter/ Jam Jars, Vegetable Oil Bottles, Mouthwash Bottles ETC...	Container's Labeled Code 2- Juice Containers, Milk Jugs, Bleach Bottles, Shampoo Bottles, Yogurt Containers , Butter Containers, Cereal Box Liners ETC...	Container's Labeled Code 3- Clear Food Packaging, Wire and Cable Jacketing, Window Cleaner Bottles, Cooking Oil Bottles ETC...	Container's Labeled Code 4- Squeezable Bottles, Bread Bags, Select Shopping Bags	Container's Labeled with Code 5- Medicine Bottles, Ketchup Bottles, Yogurt Container's Caps, Straws ETC...	Container's Labeled with Code 6- Egg Cartons, Disposable Plates and Cups CD Cases. DVD Cases, Some Take Out Container's	Container's Labeled with Code 7- 3 and 5 gallon Water Container's, DVDS, Some Electronic Cases Some Signs and Displays,

“What we take and how we dispose of the waste impacts what is available for our next generations”, Seabird Elder.



SUSTAINABLE COMMUNITY PLANNING

Hello for those of you in the community that are not familiar with me, my name is Myra Seymour and I have recently been hired on with the Seabird Island Band to assist with the community planning and waste reduction program. The Seabird Island Band has been involved in community planning since 2009, since then we have held about 15 information sessions for band, staff and community members.

The Seabird Island Band values all feedback that we receive from the community members. This will help us determine what is needed in the community. Seabird Island Community is growing fast and at a steady pace. There are number of issues that need to be addressed such as housing, community services, land use etc.

We have had 2 concept maps developed from the feedback we received so far. I am looking at innovative ways present these maps to each age bracket ranging from youth to elders. So please keep an eye out for me at the band office and feel free to stop in to talk to me anytime throughout the week or **please call me at 604-819-0298** if I am away from my phone please leave your name and contact number so that I may get ahold of you as soon as possible.

If you are on Facebook please lookup seabird’s community profile- Search **Seabird Sustainable Development** and click **add as friend I will keep you updated**

ABORIGINAL MENTORSHOP PROGRAM

Ey Swawel!

Mamot tel skwix, li te Sts'ailes kw'els sta. My name is Mamot, also known as Michelle Victor, I live in Sts'ailes. I am a mother of two beautiful children; I have been trained as a Youth Counselor as well I have taken university classes in regards to education.

I would like to introduce myself to you as I am the new Aboriginal Mentor for Hope Area Transition Society and I will be working at Agassiz Elementary Secondary School. I will be in the school 8 a.m. to 3:30 p.m. each day except for Wednesday's when I will be in Hope at the H.A.T.S office for administrative work.

Are you wondering what is an Aboriginal Mentor and what do they do? Well I will give you a little bit of information in regards to my position.

ABORIGINAL MENTORSHOP PROGRAM

Research shows Mentoring:

- Increases Self Esteem
- Increases academic success
- Increases school attendance
- Reduces the risk that students will abuse drugs and alcohol
- Reduces missed classes
- Increased connection to the community

Who needs a Mentor?

All young people can benefit from positive role models. Mentoring provides social and emotional support to First Nation students within the school. Many challenges are faced by our young people and mentorship can make a difference.

Aboriginal Mentors in school provide a safe, positive outlet for young people to openly express what they are thinking or going through and offers suggestions and tools for meeting the challenges of young people in school.

Mentorship

The in school Aboriginal Mentor is dedicated to providing and exploring safe, culturally appropriate mentoring services for Aboriginal Youth.

The mentor provides individualized social and emotional support services, resource referrals, direct services to enable supports, resilience (leadership and relationship based). Referrals to see this worker can be received from several points including First Nations Support Workers, teachers, school administrator's school counselors, bands, parents and self-referrals.

If you have any questions, I would be pleased to answer them. If you would like more information or would like to meet with me please contact me at the numbers listed below.

I look forward to meeting with you and your students!

Thanks,

Michelle Victor

Aboriginal Mentor – AESS

Hope Area Transition Society

604-869-5111 (office)

604-796-2238 (AESS)

michelle@hopetransition.org

Healthy Eating Recipe Corner

Smoked Salmon and Egg Sandwich

Ingredient.

- 4 cups water
- 1 tablespoon white vinegar
- 4 large eggs
- 1/4 cup (2 ounces)
- 1/3-less-fat cream cheese
- 2 tablespoons minced red onion
- 1 tablespoon chopped dill
- 3/8 teaspoon kosher salt
- 4 (1-ounce) slices whole-grain bread, toasted
- 1 cup fresh arugula
- 4 ounces smoked wild salmon
- 1/4 teaspoon black pepper



Preparation

1. Bring water and vinegar to a simmer in a 12-inch skillet over medium heat. Add eggs, 1 at a time; simmer 3 minutes or until desired degree of doneness.

2. Combine cheese, onion, dill, and 1/8 teaspoon salt; spread 1 tablespoon cheese mixture over each bread slice. Top each serving with 1/4 cup arugula and 1 ounce salmon. Remove eggs from pan with a slotted

spoon; top each sandwich with 1 egg. Sprinkle with 1/4 teaspoon salt and pepper.

Resource: <http://www.myrecipes.com/recipe/smoked-salmon-egg-sandwich-50400000109572/>

Seabird Island Employment, Training and Social Development

SEABIRD ISLAND EMPLOYMENT, TRAINING AND SOCIAL DEVELOPMENT

Office: (604) 796-6865 Fax: (604) 796-3729
Toll Free: 1-800-788-0322

2895 Chowat Road
P.O. Box 650
Agassiz, BC V0M 1A2

January 2012

**** 232 Client visits for the month of December ****

Job Posting Binder: is updated frequently. If you need information or help filling out online applications please come in and ask for assistance. Also, please come in to the office to update our skills database for the various employment opportunities that come to our centre.



Social Assistance

Renewal Declarations are due January 13th, 2012 -

Hydro and Fortis are required by all tenants in order to receive your shelter portion to be paid.

February 2012 cheque run will be handed out on Wednesday, January 25, 2012.

The employment services that are provided at Seabird are funded by SASET through an agreement with Service Canada. First Nation people who are status/non status, live on/off reserve and Inuit individuals who seek employment services are welcome to access these services.

Seabird Island Band

Home | Our Blog | Our Supporters | Careers at Seabird | Forms | Seabird Island Festival

Our Services | About Us | News & Events | Support Our Work | Contact

Welcome To Seabird Island

Seabird Island Band located in the Upper Fraser Valley, three kilometers northeast of Agassiz, British Columbia. The Seabird Island Band is a multi-faceted First Nations Band that includes government, business, service and non-profit services. We work to improve the health, education, and economic opportunities for First Nations people to create thriving First Nations families and communities.

In collaboration with local and national partners and sponsors, the Seabird Island Band promotes sustainable results through practical and comprehensive approaches to social and economic challenges First Nations people face.

The Seabird Island Band offers more than 20 services, including health care, dental care, early childhood, employment, mental health, and outreach programs to a variety of First Nations Bands through Health Transfer Agreements, and/or contracts.

Our Education programming allows First Nations students to complete their Kindergarten to Grade 12 education within a First Nations school that considers First Nations culture key to our children's education. Seabird College, which began operation in 2009, offers a wide-range of courses that will offer students to get the certificates they need to get the job of their dreams!

The Seabird Island Band also operates a Land Leasing business that offers investors and potential business operators the ability to lease our prime agricultural lands. We offer reasonable pricing, large lots, and up to five year leases. Investors and business operators will benefit from the low-cost of production on Seabird Island compared to off-reserve urban overhead costs.

Seabird College
Register Here Today!

SEABIRD FESTIVAL
May 26th - 27th
Click for Details

Learn More About:

- Business Opportunities
- Our Education Programs
- Our Health Services

Sign Up For Our Newsletter

Our monthly "YooHoo" will get you round up of our latest news and updates on programs.

First Name:
Email:

Program Spotlight

Seabird Island Immersion Preschool

For many years, the Seabird Island Band has focused on restoring and revitalizing our Halq'emeylem language, and that work led ...

Annual Events

Celebration of Life Dec 7
Community Dinner Dec 14
Youth Dinner Dec 16
School Closed for Winter Dec 16
Hampers Dec 19
Gift Certificates Dec 19

From Our Blog

Dec 19, 2011
Housing Application Renewals!
If you've applied for housing you must renew your ... [More](#)

Dec 19, 2011
Next Week's Events 12-16-2011
This edition of Next week's events! Covers Monday ... [More](#)

Visit Seabird Island's New Website

Seabird's new website is now live, filled with all new features including:

- College Registration
- Commercial Services and Business Opportunities
- Employment
- Health and Wellness
- Housing Wait List
- Seabird History
- and much more

Visit
www.seabirdisland.ca

FINANCIAL ABUSE OF OLDER ADULTS

WHAT IS FINANCIAL ABUSE?

Financial abuse is the most common type of abuse that people may experience in later life, representing over a half of known situations of abuse. Financial abuse means using a person's money or property without permission or in a fraudulent manner. Financial abuse can take away or limit the older person's resources, choices, and options.

Financial abuse typically involves a family member or another person whom the older adult trusts. Financial abuse can occur when a family member or friend takes over financial decisions and control of the older adult's money. Financial neglect occurs if a family member, friend or power of attorney controls the money and misuses the money or the power of attorney.

Financial abuse and neglect negatively impact the trust among family members. Adult children may not consider or realize that their actions are financially abusive or neglectful toward their parent(s).

Common examples of financial abuse include:

- A family member who repeatedly pressures a parent for money or borrows money, but never repays it.
- A family member who sells a parent's other property and then uses the money for their own benefit.
- Adult children who use a parent's pension and then make the parent ask them for money.
- A person who misuses a power of attorney.

Financial abuse may involve any amount of money or any size of property. Some forms of financial abuse involve theft or fraud, and these are considered crimes.

WHAT ARE THE HEALTH EFFECTS OF FINANCIAL ABUSE ON OLDER ADULTS?

Financial abuse hurts older adults in many ways. Financial abuse seldom stops by itself. Many financial abuse situations involve lies, threats or intimidation, which are forms of emotional abuse. These situations can lead to ongoing stress and financial strain for an older adult.

An older adult may feel very hurt by the person and abusive behavior, but he / she may not ask for the money or talk about the situation. The situation can become worse over time and sometimes lead to physical abuse.

Financial abuse can take away or limit parents' or older adults' finances or money and their ability to take care of themselves. It can negatively impact their health by reducing the resources available for proper housing, good nutrition, medication, and healthy activities.

WAYS FOR ELDERS TO PREVENT FINANCIAL ABUSE

You can consider options such as having the bank automatically pay your bills if you depend on someone to do the banking, especially if your health changes or you need to go to the hospital or into a care facility.

If you lend money, write down the amount, the person's name and the date you loaned it. This can help you remember the amount of money given as a loan or gift. It is important for both parents and children to understand that this is the parent's money.

For any major decision involving property, consider using a notary, lawyer, or community advocate.

Reference: <http://www.healthlinkbc.ca/healthfiles/hfile93d.stm>



the **SEABIRD** Island
YOO HOO
Because news isn't all bad or boring!

Phone: 604-796-2177
Direct: 604-796-6838
Website: www.seabirdIsland.ca
E-mail: sandrabobb@seabirdIsland.ca

Are you a Seabird Member living off reserve looking for a copy of the Seabird Monthly Newsletter?

Each issue as well as past issues are posted on the Seabird Website: www.seabirdIsland.ca or you can subscribe to be added to our mail or e-mail list by contacting Sandy Bobb; Communications Officer & Graphic Designer, by phone at 604-796-6838 or e-mail sandrabobb@seabirdIsland.ca



FOR ADVERTISEMENT RATES PLEASE CALL SANDY. (pre-paid, please)

SUBMISSION DEADLINES

The 20th of each month or if the 20th lands on a weekend then deadline lands on the Friday before.

OFFICE HOURS
Monday - Friday
8:00 a.m. - 4:00 p.m.

DELIVERY
The first (1st) of each month

January 2012

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e

Monday	Tuesday	Wednesday	Thursday	Friday
Fitness Center Band Members: FREE/ Community & Staff: \$1 Non-Community: \$30 month or \$2 drop in				
ELDERS FITNESS 10AM-11 AM OPEN 8AM-4PM; 5:30PM-8PM	OPEN 8AM-4PM; 5:30PM-8PM	ELDERS FITNESS 10AM-11 AM OPEN 8AM-4PM; 5:30PM-8PM	 OPEN 8AM-4PM; 5:30PM-8PM	OPEN 8AM-4PM; 5:30PM-8PM
Evening Recreation in the Gym Band Members: FREE/ Community & Staff: \$1 Non-Community: \$30 month or \$2 drop in Open at 5:30pm, close at 8pm.				
OPEN SPORTS NIGHT 6PM-7:30PM	MENS HOCKEY 6PM-7:30PM 	OPEN SPORTS NIGHT 6PM-7:30PM 	CO-ED HOCKEY 6PM-7:30PM 	CLOSED P.M.

Gym Orientation: Don't feel intimidated. If you are new to the fitness gym and want to learn correct form and safe methods, contact Keena. Includes tour of fitness center and instructions on how to properly use the equipment. 18+

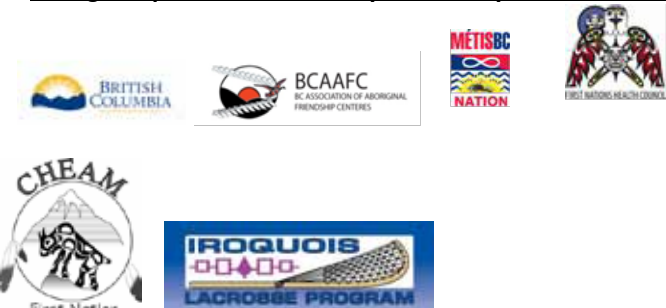
The Lacrosse Development Camp at Seabird Island in November was a huge success.



Thank you for the generous support from:



Aboriginal Sport, Recreation & Physical Activity Partners Council



K & L Contracting No Sweat Sports Cheam Sports

7th Annual **Biggest Loser**

Cash Prize! Starts January 3, 2012 *Incentives!*

Show up Jan 3rd at the fitness center at 6pm to sign up & weigh in.
Come ready to work out!




For Seabird Island Band, Community & Staff only

The person who loses the most percentage of body weight by June 5, 2012 is...
"THE BIGGEST LOSER"!!!

Contact Keena for more info

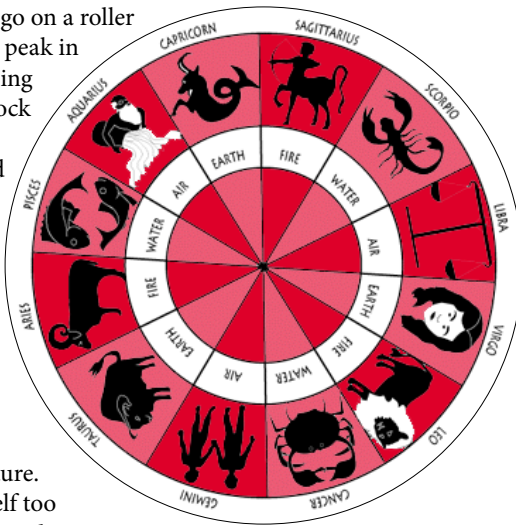
Must have BMI of 25 or higher to join

Something to look forward to... 2012 Health Horiscopes

The year 2012 brings with it lots of hopes and happiness for all.

Aries Health is likely to go on a roller

-coaster ride, at the peak in one time and touching the bottom of the rock the other instant. Your emotional and mental make-up has a lot to play in this time. The first quarter of the year shall see you in the pink of health. But the last quarter might call in for unwanted medical issues and expenditure. Do not push yourself too much into personal and professional work and take time to take a break which goes a long way in wishing you better health.



Taurus Better management of your time with respect to exercises and work is needed this year. Your change of lifestyle might bring in tiredness and a loss of energy levels. Hence it is essential that a balance is found out here. Beware not to deplete your reserve energy levels. Avoid unwanted food stuffs that add nothing but calories. Do take some vitamin supplements as well, for a healthy make-up for the year ahead.

Gemini Your health is likely to get some negative aspects this year of 2012. Physical and mental strain is forecast hence do not hesitate to take a break or relax when time and finances permit. Artistic pursuits can be engaged to let the steam out. Rejuvenate, revamp and refresh your inner and outer self for a healthier you in year 2012.

Cancer You are assured great energy levels for the year ahead. There will be a stability in your moods, which had been deviating last year quite a bit. This would give you mental and physical health on a positive note. Take a resolution to cut down in bad habits that had been haunting you for the last few years. Concentrate on your works and take good care of your health.

Leo You need to maintain a balanced lifestyle for goodness in health this year. Else something bad might strike you any moment as you had in the previous few years. Of course, you need to enjoy the pleasures of the world, but let it be minimal. Do try your best to maintain your shape and weight this year. The last quarter of the year shall see you in good health and cheer. Take ample time for rest, sleep and exercises for a more healthier you.

Virgo Take the year 2012 by its horns. It would be an eventful year loaded with high spirits and energy for Virgo natives. Take care that the limits of your health activities are not exceeded. Keep yourself engaged in some activity or the other. Mobility is the keyword for you this year. This year could help you to recuperate after some harsh health issues from the past years.

Libra The first half of the year shall see you in good health and cheer. You are predicted with renewed energy and a positive spark in life. Indulge in some pleasurable activities but make sure you do

not overdo the same. Do pat yourself on the back now and then to comfort your inner self that you are on the right health track. Some aches, pains, minor illnesses are forecast for the last quarter of 2012. Keep yourself going despite the hindrances.

Scorpio Your energy levels and actions would be on a high during the course of the year 2012. Make sure you concentrate and focus your energy on one common goal, to stay healthy. You need to practice restraint in your lifestyle. Make sure that you take a balanced diet, enjoy good exercises and practise healthy habits. Mental health also need to be taken care with caution. Here's to a healthier you in 2012.


Sagittarius You shall be blessed with much energy and vigor this year. It would take you to new places unexplored. Be active, though some occasional weaknesses shall weigh you down at times. Take care of your diet and maintain a balance. Make sure you relieve yourself of some of the bad habits. Take some time to exercise, relax and rejuvenate your spirit.

Capricorn Do not take to much risks with your health issues this coming year. Commit yourself to better health habits and pursuits this year. Manage your energy levels in the best possible way so that you do not end up drained at the end of the year. Do not procrastinate your visit to the doctor or dentist. Something bad would be lurking around the corners. The last quarter of the year shall see you in a more calm and peaceful atmosphere and is an ideal time for relaxing and revamping.

Aquarius Health needs utmost care as you are aging as the years moves on. Practice better health habits and include the same in your family members too. Your moral life might see some down slides. Beware not to fall into a deeper hole. Closely monitor your dental and mental health this year. It would be wise on your part to take a long walk daily or do some routine exercises to keep your bones and muscles strong and supple.

Pisces Do understand what your body really needs and do not yield to any unwanted temptations. It is by your sheer control and will power that good health is predicted for you. There would be a tendency to neglect your general health but beware. The last quarter of the year shall see some high energy deals for you. Make sure that your health and weight remain stable without much oscillations throughout the whole year. Generally a hale and hearty year for Pisceans in this 2012.

<http://www.findyourfate.com/astrology/year2012/2012horoscope2012.html>



the SEABIRD Island
YOO HOO
Because news isn't all bad or boring!

**Are you a Seabird Member living off reserve?
Feeling left out of the loop?**

Want to receive the Seabird Monthly Newsletter?

Contact Sandy Bobb to apply to receive your monthly issue by mail or e-mail.
Phone: 604-796-2177 • **Direct:** 604-796-6838 • **E-mail:** sandrabobb@seabirdIsland.ca

New Staff



Ey swayel, my name is Valencia Bobb and I am of Sto:lo/ Thompson ancestry. I am a Seabird Island band member and have worked for the health department for 14 years in various departments. I am honored to be working on Nutrition and Fitness for our communities.

My educational background includes the following: Licensed Practical Nursing, Vancouver Community College 2011, the Certified Dental Assistant program 2002, UFV, and the Liberal Arts Program, UFV 1994.

Our goals are to work with the programs and services offered by the Seabird Island Health department and to improve the health of our communities together. With teamwork, we can make a difference.

Kwas hoy! (Thanks)
Valencia Bobb



Láw! (hello) I am the other Val! I have a Bachelor of Science Degree in Food, Nutrition, Consumer & Family Studies from the University of Western Ontario. That is a big mouthful and to put it simply, it means that I love to eat well, I love life and I am deeply connected to community and family and all of the traditions and joys that are shared among us. I cherish the simple traditions of family dinner with my husband and our eight children, community gatherings, and exploring the great outdoors with friends and family. All of these help me to enjoy life to the fullest.

My hope is that Valencia and I can be a useful resource in the First Nations Communities that we work in. We hope to assist individuals in making positive changes in lifestyle so that each person can live a healthier more active life.

Kwetslome!(See you)
Valerie Thomson BSc.

Nutrition and Fitness

Ey swayel,

Hello from the Nutrition and Fitness team with Valencia Bobb, LPN and Valerie Thomson, BSC, Nutritionist. We would like to welcome you to our programs and services. We are excited to be working with you and your families.

Some of the services we provide are: workshops, educational events for the community and the school, home visits, food safe, nutrition counseling, one on one referrals, diabetic group sessions, meal planning and healthy food choices, fitness sessions, grocery shopping on a budget, shopping tours, pre and post natal nutrition and fitness, and the Biggest and Best loser weight loss program.

What is the Biggest and Best Loser Program?

Do you have a new year's resolution to lose weight? Well we are here to help! We will be working with the Seabird fitness program to battle weight loss! We will be providing group and one on one sessions to help fight obesity and weight loss challenges. Fitness sessions and nutritional counseling will be provided to assist those that wish to join us. Please watch for more information to come in the New Year.

If you have any questions or concerns about how we can help you, please contact us, at 604 796- 6829

Merry Christmas from the team of Val's

Diabetic Session - January 19th

January is about making Positive Changes

The Nutrition and Fitness team would like to invite people with Diabetes or those that are concerned about Diabetes and their family members to join us on **January 19th** at the Seabird Island Band Office.

Our themes for the month are let's get active and making positive changes.

We are hoping to book the lab to come in but will confirm that at a later date. We will have an educational session, a special activity and share a delicious meal together. Please watch for more information to come.

For more information contact Valencia Bobb and Valerie Thomson

260+ hard copy production
60+ e-mail production
more available for download
on the Seabird website.

ADVERTISEMENT RATES

Advertising for Seabird Departments and Programs are funded through the Seabird Organization Departments.

ALL OTHER ORGANIZATIONS ARE SUBJECT TO A PRE-PAID ADVERTISEMENT FEE.

Flyer Insert (supplied printed already by client) \$20.00

Advertisement rates (per issue) for organizations:	Band	
	Member	Outside
Full color page (8 x 10)	\$75.00	\$122.50
Full color ½ page (8x5 or 10x4)	\$37.50	\$61.25
Full color ¼ page (4x5)	\$18.75	\$30.63
Full color bus card (2.5x 3)	\$9.50	\$15.31
Greyscale page (8 x 10)	\$20.00	\$25.00
Greyscale ½ page (8x5 or 10x4)	\$15.00	\$20.00
Greyscale ¼ page (4x5)	\$10.00	\$15.00
Greyscale bus card (2.5x 3)	\$ 8.00	\$10.00

Classified Advertisements
(non-band member) .40¢ per word
\$4.00 Minimum

All fees are not for profit, they all help us produce this newsletter.

AGREEMENT

It is agreed by any display or classified advertiser requesting space that the liability of the paper in the event of failure to publish an advertisement shall be limited to the amount paid by the advertiser for the portion of the advertising space occupied by the incorrect item only, and that there shall be no liability in any event beyond the amount paid for such advertisement. The publisher shall not be liable for any slight changes in typographical errors that do not lessen the value of an advertisement.

We reserve the right to revise, edit, classify or reject any advertisement.

DEADLINES

Submissions and Advertisement are due by the 20th of each month or if the 20th lands on a weekend then deadline lands on the Friday before.

OFFICE HOURS

Monday - Friday 8:00 a.m. - 4:00 p.m.

DELIVERY

The first (1st) of each month

Sandy Bobb

Phone: 604-796-2177

Direct: 604-796-6838

Website: www.seabirdIsland.ca

E-mail: sandrabobb@seabirdIsland.ca

Health Comics



Community Members wanting to place a birthday greeting in the next monthly issue. Please contact Sandy Bobb at 604-796-6838 by the 20th.

Limited: to a simple "Happy birthday _____ from _____." Anything more (photos, poems,...) is subject to a small fee!

Quote of the month

To put the world right in order, we must first put the nation in order; to put the nation in order, we must first put the family in order; to put the family in order, we must first cultivate our personal life; we must first set our hearts right.

Confucius

Pelogs / January

Birthstone: Garnet

Birth flower: Carnation

December 22 - January 19: Capricorn

January 20 - February 18th: Aquarius

"January is Here! Time to Cleanse and Revitalize your Relationship!" by Dr. Cheryl Fraser

January is called the break up month, probably because Christmas is so busy and can be hard on a relationship. To avoid this, take the time to work on your relationships. Show your loved one how much you care and appreciate them. Make your resolution one of caring, sharing and love.

Relationship Tips:

- Make private time for one another
- Disagree with respectful words
- Take interest in his/her hobbies and interests
- Cook for each other
- Encourage
- Listen
- Dress up for each other

Halq'emeylem Cross Word

T	A	N	G	E	L	A	D	L	'	É	P	:	Q	F
W	S	Q	Á	Q	E	L	E	S	L	Í	S	Ò	S	I
Á	M	'	S	T	U	V	E	X	Y	Z	X	A	I	R
É	Ó	L	E	S	Á	K	R	B	C	'	É	C	Y	E
F	Y	V	'	H	B	A	S	K	E	T	Y	E	Ó	P
I	E	I	H	F	É	G	H	:	I	J	L	K	L	I
R	T	R	T	K	M	Y	S	Ò	N	O	T	P	E	T
E	H	G	:	E	L	D	E	R	T	Q	E	Ó	X	I
P	'	I	Ó	R	Í	S	'	L	C	R	L	T	W	N
L	Í	N	'	U	Á	I	H	C	H	R	A	'	E	H
A	B	M	P	V	W	L	T	H	U	Á	A	C	X	O
C	K	A	Ò	Y	Z	Á	:	A	R	Í	W	D	K	U
E	C	R	B	Á	B	M	Ó	F	C	G	Ó	T	L	S
H	A	Y	I	Y	J	Y	'	C	H	K	:	Á	X	E
É	S	H	X	W	H	É	Y	E	Q	W	A	L	A	W

- LESÁK**
- SACK, BAG
- TS'EHÉYELHÁWTXW**
- CHURCH
- SQÁQELE**
- BABY
- P'Ó:TH'ES**
- CRADLE BASKET
- SIYÓLEXWE**
- ELDER
- LÍSÒS**
- ANGEL
- ÉY MÁLI**
- VIRGIN MARY
- SMÓYETH**
- DEER
- SHXWHÉYEQWALA**
- FIREPLACE, FIREPIT IN HOUSE
- SXÉYLTEL**
- FOOTPRINTS, TRACKS



'Round The Rez

Community Events, Workshops & Outings

SIB ARMY CADETS

Millennium Hall - Tuesdays, 6:30 -9:30

We'd like to start training again on September 6th. Please let interested youths know as this is the perfect time to join.



DENTAL CENTER

Open Monday - Thursday.
Closed on Fridays.

Tuesday

WALK-IN CLINICS

Every Tuesday afternoon from 1 - 4 p.m.
(first come- first served)

Please come to the Dental desk and register your name and note your dental problem.

\$\$ Get Rewarded... \$\$
for attending your Dental
Appointments ON TIME!

If you attend your appointment and arrive on time, then your name will go into a monthly draw for a

\$100.⁰⁰ Gift Certificate.

(Walk-in Clinics do not qualify)

VOLUNTEERS REQUIRED

Please come and inquire with Angie if you would like to have your name on the listing for helping during band events with set-up, clean-up, cooking, decorating, and child minding... We are always looking for people to help with any functions that we host here in the Band office.

FREE TUTORING

Free one to one tutoring offered Tues and Thurs from 3:00 - 4:00, by students in the Educational Assistant program at Seabird College. Participants must be committed to attending regularly.

OUT OF SCHOOL CARE

Sign up your children for Out of school care.

Open after school 3 p.m. - 5 p.m.
Monday-Friday and Pro-d days.

Pick up a registration form at the band office. See Keena McNeil for more information.

BABIES MEDICAL & STATUS CARDS

Apply for Medical Card renewals and Status Cards for babies as soon as possible.

Contact CHR; Maggie Pettis
604-796-2177



OPTOMETRIST CLINIC

Dr. Ahmed January Clinic Dates

Jan. 4th,

Jan 5th

Jan 6th.



Any questions or to book an appointment please contact Maggie Pettis 604-796-2177.

BOYS GROUP

Groups at the youth trailer each Monday. They are:

- 3:00pm - 4:30pm Boys 8-12
- 5:00pm - 6:30pm Teen Boys Group
- 7:00pm - 9:00pm Men's Group

Boys and Teens need to pick up form from School secretary and submit it to Patrick at the Wellness Centre prior to attending

GIRLS GROUP

Girls Groups are up and running again.

Girl's (ages 7 - 12) picked up from school at 3:00. Program ends at 4:30 pm

Youth Girl's (13 - 18) 5:00 - 6:30

Where all girls are accepted and welcome to come and join us!

Food, fun & learning !!

AMBULANCE BILLS



Please submit ambulance bills to Maggie Pettis as soon as you receive them. If the bill is more than 1 year old, ambulance costs will no longer be covered under the Non-Insured Health Benefits (NHIB). Anyone with a Status Number can have the ambulance paid for by Health Canada as long as it's not an ICBC claim.

Contact Maggie Pettis for more information at 604-796-2177

CATERING & FUND-RAISING

Please contact Angie Chapman to get on the catering/ fund-raising list for this year. You need to fill out an application and submit your food safe certificate. This also includes if you want to book a day to set-up in the foyer to sell items. Any other questions please call Angie at 604-796-6893.

BUILDING BOOKING AND MEETING ROOMS

Angie looks after booking the band gym, and all meeting rooms that are located within the band office. You need to fill out forms to do a booking. Any other questions please call Angie Chapman at 604-796-6854. Gina Gibson looks after booking of the Millennium Hall.

HUB

Ye Mi Squeqó:tel la xwe' letsémó:t ó Community Engagement Hub invites the following communities Skwah, Soowahlie, Scowitz, Sts'ailes, Seabird, Chawathil, Union Bar, Kwaw kwaw aplit, Cheam, Kwantlen and Shxw'ow'hamel to attend.

3RD ANNUAL ENGAGING THE ELDERS SESSION

MOVING FORWARD IN TAKING OVER OUR OWN HEALTH SERVICES



- SNACKS AND LUNCH PROVIDED
- LOTS OF DOOR PRIZES AND GIFT CERTIFICATES
- BINGO CERTIFICATES

January 19th, 2012
12 noon-4pm
Skwah First Nation
Hall



For further information and/or to register please contact Vanessa Peters @ 604-796-6846 or Email to vanessapeters@seabirdisland.ca

The New Year, the season of fresh starts... a time for change and healing, a time to get active.

Tips on how to make a fresh start...

Step 1 **Review last year with fresh eyes.** Instead of focusing on the bad, focus on the good. Make a list of the good things in your life and of good things that have happened to you. Make a list of how people made you happy, and what you did to please them. Make a list of the things you admire and respect about yourself. *This will lift your self respect and the year will be truly fresh. Respect yourself and others will follow!*

Step 2 **Forgive and forget.** Make peace with yourself and people who may have wronged you. *By moving on you will be clearing some major mind clutter and making room for bigger and better things.*

Step 3 **Pamper yourself.** Whether it's a new haircut, manicure, massage, or new outfit, do at least one thing for yourself. *You will feel refreshed, confident, and ready to dive into the new year.*

Step 4 **Organize your finances.** Review your spending habits from last year, determine what bills can be reduced or eliminated, and create a new budget. *This will guide you towards a more secure year and future.*

Step 5 **Spring cleaning and de-clutter.** Take a few large trash bags and walk around the house, inside and out, collecting things that are broken, unused, and unwanted then throw them away. *By reducing the clutter you will be able to think more clearly.*

Step 6 **Create goals or resolutions.** Think about what you want to accomplish this year. List these goals and display them where you will see them each day. Break up the larger goals into smaller more achievable goals, making them easier and faster to accomplish. *Tracking these accomplishments as you go could keep you motivated.*

There's nothing more refreshing for the mind, body, and spirit than "out with the old and in with the new".

* *Sage & Sweet Grass Incense: The fragrant smoke purifies a room or home of negative energy.* *